

Abstract

Master's thesis topic: Objectification of selected rehabilitation techniques used to influence the muscle tone

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Abstract:

The aim of this study was to discover, whether four selected rehabillitation techniques (dry-needling application, cryotherapy, stretching and kinesiotaping) influence the muscle tone of musculus gastrocnemius and musculus soleus. It was assumed, that above mentioned methods decrease the muscle tone of selected muscles, that was increased by previous running performance or owing to acute or chronic problems with Achilles tendon.

The muscle tone was measured by myotonometer in Kinesiology laboratory, Faculty of Physical Education and Sport at Charles University in Prague; muscle tone of twelve students of thisfaculty was measured. Data were displayed by using an analog-digital convertor and consequently evaluated.

The results of this study indicate, that four selected rehabillitation methods influence the muscle tone of musculus gastrocnemius and musculus soleus. The muscle tone was best influenced by application of dry-needling and by kinesiotaping; results of muscle tone measurement after dry-needling application and kinesiotaping confirmed above stated hypothesis. The muscle tone was moderately decreased also by cryotherapy Only stretching did not decrease the muscle tone, on the contrary, the muscle tone was increased.

Key words: muscle tone, dry-needling, cryotherapy, stretching, kinesiotaping